



MIGRANT WOMEN EMPOWERMENT

ADDITIONAL ACTIVITIES W3

1. The Human Knot:

Goal: Participants stand in a circle, reach across and grab hands with two different people. The group then has to untangle themselves without breaking the chain. The goal is to develop teamwork, patience, and adaptability while navigating through challenges together.

Scenario :

As the facilitator for the "Human Knot" team-building activity, your goal is to create a positive and supportive environment where participants can develop teamwork, patience, and adaptability while working together to untangle themselves from the human knot. Here's a scenario to guide you through the activity:

Introduction and Icebreaker:

Start by gathering all participants in a circle and introducing yourself as the facilitator. Begin with a short icebreaker to help everyone feel more comfortable and relaxed. You can ask a fun question related to the workshop theme or have participants share a brief personal story of collaboration or support they've experienced in the past.

Explaining the Activity:

Describe the "Human Knot" activity to the participants, explaining that they will form a circle and each person will reach across to grab the hands of two different people. Emphasize that the objective is to untangle themselves without breaking the chain of hands. They must work together as a team to find a solution.

Forming the Human Knot:

Divide participants into smaller group - 6 people each one

Instruct participants to stand in a circle facing inward, shoulder to shoulder.

Allow a few moments for participants to connect hands with two different people across the circle, creating the "human knot."





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Facilitating the Activity:

Encourage participants to communicate with each other and plan a strategy for untangling the knot.

Remind them that they cannot let go of anyone's hand during the process.

Observe the group dynamics and step in if necessary to provide gentle guidance or reminders about teamwork, patience, and adaptability.

If the group struggles to untangle, consider offering prompts or hints to guide them toward a solution, but avoid giving the answer directly.

Debrief and Discussion:

Once the group successfully untangles the knot, gather everyone in a circle again and lead a debriefing discussion.

Ask open-ended questions to prompt reflection, such as:

What challenges did you face during the activity, and how did you overcome them as a team?

How did you communicate effectively to find a solution?

What did you learn about the importance of patience and adaptability when working together?

How can these lessons be applied to real-life situations where collaboration and support are essential?

Encourage participants to share their thoughts and insights, and ensure that everyone has a chance to contribute.

Wrap-up and Conclusion:

End the activity on a positive note by thanking the participants for their active engagement and sharing in the experience.

Reiterate the key takeaways from the activity, emphasizing the importance of teamwork, communication, and collaboration in achieving common goals.

By facilitating the "Human Knot" activity with enthusiasm and sensitivity, you can create a meaningful experience for the participants, allowing them to practice valuable skills that promote a supportive and uplifting environment among women from diverse cultural backgrounds.

additional description:

<https://teambuilding.com/blog/human-knot>





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2. The Puzzle Challenge

Goal: Provide each team with a jigsaw puzzle and a timer. The teams compete to complete their puzzle within a specific time. This activity promotes teamwork, time management, and strategizing together to achieve a common goal.

Scenario:

As the facilitator for "The Puzzle Challenge" team-building activity, your goal is to create a fun and competitive atmosphere where participants can develop teamwork, time management, and strategizing skills while working together to complete their jigsaw puzzles within a specific time.

Here's a scenario to guide you through the activity:

Introduction and Icebreaker:

Gather all participants and introduce yourself as the facilitator.

Start with a brief icebreaker to energize the group. You can have participants share something they are passionate about or their favorite hobby related to the workshop theme.

Explaining the Activity:

Explain "The Puzzle Challenge" to the participants. Let them know that they will be divided into teams, and each team will receive a jigsaw puzzle along with a timer.

Emphasize that the objective is for each team to work together to complete their puzzle within a specific time frame.

Mention that the activity is not only about finishing the puzzle but also about effective teamwork, time management, and strategizing to achieve a common goal.

Forming Teams:

Divide participants into smaller teams, ensuring a mix of individuals from different cultural backgrounds to encourage diversity and collaboration.





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Distributing Puzzles:

Provide each team with their jigsaw puzzle and timer. Make sure the difficulty level of the puzzles is reasonably matched to keep the competition fair.

Facilitating the Activity:

Start the timer and let the teams begin their puzzle challenge.

As the facilitator, move around the room, observing and encouraging the teams.

If a team is struggling, offer support and guidance, reminding them of the importance of communication and collaboration.

If a team finishes early, you can offer bonus challenges or ask them to assist other teams.

Debrief and Discussion:

After the time is up or when all teams have completed their puzzles, gather everyone together for a debriefing session.

Ask each team to share their experiences during the activity, including any challenges they faced and how they overcame them.

Facilitate a discussion about the strategies each team used to manage time and collaborate effectively.

Encourage participants to reflect on the importance of teamwork and how they can apply the lessons learned to real-life situations.

Wrap-up and Conclusion:

Congratulate all participants on their efforts and teamwork.

Thank the teams for their active participation and emphasize the valuable skills they developed during the activity.

Reinforce the workshop's overall theme of women supporting and uplifting one another and working together for a more positive and successful future.





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By facilitating "The Puzzle Challenge" with enthusiasm and support, you can create an engaging and rewarding experience for the participants, encouraging them to embrace collaboration and effective communication as they work towards common goals.

3. Building the Tallest Tower

Goal: Each team is provided with limited resources (e.g., straws, tape, paper) and tasked with building the tallest tower within a specific time frame. The goal is to encourage creativity, effective resource management, and teamwork. This activity emphasizes the importance of leveraging collective strengths to achieve shared objectives.

Scenario:

For Facilitator - Building the Tallest Tower:

As the facilitator for the "Building the Tallest Tower" team-building activity, your goal is to create a dynamic and innovative environment where participants can develop creativity, effective resource management, and teamwork skills. The activity centers around each team constructing the tallest tower using limited resources within a specific time frame. Here's a scenario to guide you through the activity:

Introduction and Icebreaker:

Begin by gathering all participants and introducing yourself as the facilitator. Start with a short icebreaker to energize the group. You can have participants share one interesting fact about themselves related to their interests or experiences with collaborative projects.

Explaining the Activity:

Explain the "Building the Tallest Tower" activity to the participants. Inform them that they will be divided into teams, and each team will receive a set of limited resources (e.g., straws, tape, paper) to build a tower.





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Emphasize that the objective is for each team to work together to construct the tallest tower possible within a specific time frame.

Mention that creativity, effective resource management, and teamwork are crucial to achieving success in this challenge.

Forming Teams:

Divide participants into smaller teams, ensuring a mix of individuals from different cultural backgrounds to promote diversity and collaboration.

Distributing Resources:

Provide each team with their set of limited resources, making sure they have equal amounts to maintain fairness.

Facilitating the Activity:

Set a timer for the allotted time for the tower construction.

As the facilitator, move around the room, observing and encouraging the teams.

If a team faces challenges or seems stuck, offer support and ask open-ended questions to stimulate their problem-solving abilities.

Encourage participants to think outside the box and leverage each other's strengths to come up with creative tower designs.

Debrief and Discussion:

After the time is up, gather all the teams together for a debriefing session.

Ask each team to present their towers, sharing the strategies they employed and the reasoning behind their designs.

Facilitate a discussion about the importance of creativity, effective resource utilization, and teamwork in achieving the desired outcomes.

Encourage participants to share any lessons they learned during the activity and how they can apply these skills to real-life collaborative projects.





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Wrap-up and Conclusion:

Congratulate all participants for their efforts and teamwork in the tower-building challenge. Thank the teams for their active participation and emphasize the value of leveraging collective strengths to achieve shared objectives.

Reiterate the workshop's overall theme of women supporting and uplifting one another, highlighting how collaboration and creative problem-solving can lead to positive change. By facilitating "Building the Tallest Tower" with enthusiasm and support, you can create an engaging and empowering experience for the participants, encouraging them to embrace their creativity, work together effectively, and leverage their collective strengths to achieve shared goals.

4. Egg challenge

Goal: This activity emphasizes the importance of using group strengths such as creativity, communication, and leadership to achieve common goals.

Materials

Raw egg, or other payload that needs protecting

Container, like a cardboard tube, cup, box, etc.

External protection materials, like balloons, rubber bands, craft sticks, straws, etc.

Internal padding, like fabric, packing materials, paper, etc.

Pen or pencil

Paper

Tape

Scissors





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Scenario:

Directions

Design a landing craft that protects your egg passenger when it's dropped from up high. Use the engineering design cycle for this experiment: design your landing craft, test it to see if it works, change your design to make it better, and re-test to get new results.

Collect your materials. You'll need a container, some internal padding and external protection to safely land your craft. There's no "right" set of materials, so be creative and try lots of things to see what works best!

Draw your design ideas on paper. What does your lander look like? What materials will you use? Try using just one container, one type of internal padding and one type of external padding at first. Build your landing device and put your egg inside. Test it out by dropping your device from up high. If the egg doesn't crack, your design is a success! If the egg cracks, make changes to your design and re-test it.

What's happening?

Gravity is a force of attraction — it pulls on a mass, which is how much “stuff” something is made of. Earth's gravity pulls on you and keeps you on the ground; it also holds the atmosphere and the moon in place. When you drop your landing craft, gravity pulls it to the ground.

The internal padding that surrounds your egg cushions the payload inside the container, like airbags in a car that protect passengers in an accident. The external protection on the outside of the container protects the egg by absorbing the impact felt when the landing craft hits the ground.

Tips

For a little less mess, use a hard-boiled egg (you'll still see the cracks). You can also cover the landing surface with a garbage bag, or put the raw egg in a sealed plastic bag before putting it in the landing craft.





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Extensions

Once you're successful, try dropping the egg from a higher height or increasing your payload to two eggs. Try landing your craft on different types of surfaces like grass, pavement or water. How does the surface affect your landing? How might this change your vehicle design?

Have a friendly competition: who can get their egg to the surface the fastest? The slowest? From the farthest distance? With the fewest bounces?

5. Cultural Exchange and Connection Day

Goal of the Activity : The objective of this activity is to build and strengthen connections between migrants and the local community, fostering inclusion, empathy, and cultural understanding.

Scenario : Cultural Showcase

Create a "cultural showcase" area where migrants can display items, photos, or artwork that represent their cultures.

Encourage participants to share stories about their cultural artifacts and answer questions from others.

Gathering :

Break into small discussion groups with a mix of migrants and local community members. Provide conversation prompts that encourage dialogue about cultural differences, challenges faced, and ways to foster inclusion.

This "Cultural Exchange and Connection Day" fosters inclusion, empathy, and cultural understanding by creating opportunities for migrants and local community members to interact, share their cultures, and build meaningful connections. It promotes a sense of unity and celebrates diversity, ultimately contributing to a more inclusive and harmonious community.

